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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Poisoned: These surprise toxins are killing your liver. Only this can stop them.

—by Michele Cagan

Your liver is in grave danger. By the time you show symptoms, the damage will have progressed to the point of incurable. Because the only “cure” when things go bad is a transplant.

That’s why you have to take steps, right now, today, to protect your liver... and your life... before it’s too late.

You don’t know how close you are to the transplant list

It’s a silent killer, and it’s reaching epidemic proportions. Nearly 20% of Americans have a condition called non-alcoholic fatty liver disease (NAFLD)... and no idea that they do. There are no noticeable symptoms, no pain.

That’s what makes it so easy for NAFLD to progress to a more serious disease called NASH (nonalcoholic steatohepatitis), which also hides symptoms until great and permanent damage is done. NASH can lead to cirrhosis, liver cancer, liver failure... and death.

There’s no cure.

At that point, the only hope for recovery is transplant. And according to the NIH, the number of patients getting liver transplants due to NASH is rising.

That’s why it is crucial you start protecting and replenishing your liver today, repairing as much damage as possible, before that damage goes any further.

And there’s one clinically proven Ayurvedic formula to help you do just that.

Your liver is much more important than you think

It’s one of the most important organs in your body, and you can’t live without it. Even the ancient Ayurvedic healers recognized this, and dubbed the liver as “major fire,” the powerhouse of transformation.

Biology also highlights just how critical this vital organ is: Your liver has such substantive regenerative properties that even when a huge portion of it is damaged or gone, it can grow back. That’s a feat no other organ can perform, and it speaks to the overwhelming importance of your liver in the human design.

When your liver starts dying, you won’t feel a thing. But your liver counts will start to change—and that’s the only way to detect early damage. Liver enzymes leak out into your bloodstream when your liver is compromised, no matter the cause.

And this life-saving Ayurvedic liver formula reminds your liver how to heal and repair itself, regenerate new healthy tissue, and operate like new again... despite the constant assault from mainstream medicine, and a newly recognized insidious threat.

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Protect your liver before it's too late.

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Your prescription is killing your liver (and multiple drugs will do it faster)

Drug induced liver injury (DILI).

It's now the leading cause of acute liver failure in the U.S., more than all the other causes combined.

It's the #1 reason the FDA finally takes drugs off the market... after 'enough' people die.

And it's nothing new. But it is an even bigger problem as we get older. Like most things, liver function declines with age. On top of that, many older people take at least one medication regularly, but it could be two or three or more. So it's not really surprising that DILI cases are on the rise.

A new study¹ found that DILI is more common as people get older. And while multiple drugs cause the problem 9% of the time, DILI is caused by just one prescription drug 75% of the time. The researchers also reported that DILI caused jaundice in 27% of the patients studied, and resulted in hospitalization for 23% of the patients... with a median hospital stay of five days.

As if that weren't alarming enough, two of the most widely used drugs do the most damage: acetaminophen (Tylenol) and statins.

Acetaminophen: The "innocent" liver killer

It was billed as the safest pain reliever, safe enough for newborn babies.

But now we know that acetaminophen (often sold as Tylenol) causes acute liver failure more often than anything else, responsible for nearly 40% of all cases in the U.S. alone.²

In fact, it's so well documented that even the Pharma-loving FDA acknowledges the danger. In January 2014 (as this is being written), they've requested that doctors stop prescribing doses over 325 mg (note that they're asking, not telling). This goes along with a request (again, asking) to manufacturers to stop making doses higher than 325 mg each. That appeal happened three years ago... but many manufacturers simply ignored it.

But even if you take less than 325 mg at a time, and less than the dangerously high maximum of four grams (that's just eight extra strength Tylenol tablets) per day, acetaminophen still takes a toll on your liver... especially if it's already suffering damage from other sources.

Like the most commonly prescribed drug in the world.

World's number one drug causes liver damage

They're prescribed and taken more than any other drug in the world.

Most doctors—and patients—believe that statins are safe for long-term use. But they could be dead wrong.

For years, the FDA has known that statins can injure your liver. So, as a precaution, the agency advises that everyone taking these drugs get liver enzyme tests right before and soon

Here's just a small sample of the medications and medication classes known to cause liver damage:

ACE Inhibitors	Metformin	Beta Blockers
Corticosteroids	Antihistamines	Diuretics
Warfarin	Antibiotics	Bisphosphonates
SSRI antidepressants	Levodopa	NSAIDs

*information provided by LiverTox, created by the NIH

after they start.

It's right there on the label. But after that, well, they see no point in monitoring unless there's a good reason or symptoms arise. But as we just learned, by the time that happens, it's already too late.

Studies have shown that liver enzymes are elevated in up to 3% of statin users. Elevated liver enzymes are the only indicator of early liver damage. And with approximately 200 million people worldwide using these drugs, that 3% comes to six million patients with liver damage.

So if you're taking a statin drug and acetaminophen, or any of the other medications on the liver-damaging list, you could be on the path for eventual liver failure.

And while drugs are currently the leading cause of liver failure, something surprising is catching up.

Is your apple juice killing your liver?

Drinking can kill your liver... and I'm not talking about alcohol. Soft drinks containing high fructose corn syrup (HFCS)—or cookies, or donuts, anything really—can do even more damage, and faster.

HFCS has been linked to a highly damaging illness called (NAFLD). One study³ found a direct connection between HFCS and liver scarring and inflammation.

And one very frightening study⁴ found that indications of NAFLD (like very high triglyceride levels) can develop after consuming HFCS daily (as 25% of their daily calories, right in line with USDA guidelines) *for just two weeks*.

And even if you never drink soda or take any medication (including over-the-counter and some herbal preparations), your liver needs help. Now.

Detox is just the beginning of the "Liver 500"

Most people jump straight to "detox" when they're talking about liver supplements—not surprising, because that is where most liver formulas focus.

But that is a very limited goal, because detox is just one item on your liver's to-do list, and not even the most important one. In fact, using your liver solely for detox would be like using your car as a change purse. Sure, it's a great place for a pile of quarters, but that's far from your car's main function. But you can bet that if detox isn't working, other liver functions aren't either.

Your liver, believe it or not, performs more than 500 functions. And among the most important is how this critical organ processes everything you take in.

Your liver acts as a nutrition gatekeeper, converting everything you eat into usable nutrients, and deciding which make it into your blood stream. So even if you are eating the healthiest diet, and taking the highest quality nutritional supplements, the nutrients you take in get nowhere unless your liver lets them through. And that's just the beginning of your liver's workload:

- Monitors blood immune activity
- Cleans your blood
- Produces bile (a digestive juice that lets your body digest and absorb fats)
- Stores energy (in the form of glycogen, your body's backup fuel)
- Creates crucial cholesterol (your body really needs it to survive and thrive)
- Produces blood clotting proteins
- Stores enough vitamin A to last you two years, and enough vitamin B12 for six years
- Processes hormones
- Metabolizes every drug and toxin you take in

That's a lot of work for a single organ. And it needs a lot of support...

Which is exactly what you'll find in LiverCare, a novel Ayurvedic formula clinically proven to refresh and restore your liver.

Ayurvedic formula proven in three clinical trials to restore liver function

If you're going to take something to protect and restore your liver, you want

to know that it works.

LiverCare works.

This specific supplement has been rigorously tested in three published clinical trials on people with existing liver damage. And the European formula that LiverCare is based on (made by the same manufacturer, but containing a slightly different formula) has been the subject of 24 successful clinical trials.

With all that evidence backing its effectiveness, you can be confident that LiverCare will help restore and protect your liver from the damage it faces every day.

Patients on LiverCare show marked improvement in every measure

If you're suffering from liver damage like hepatitis or NAFLD, you want to know that the medicine you're taking is repairing and replenishing your liver—not taxing it further. And in three clinical trials, LiverCare was proven to accomplish those critical goals.

In the first trial, an open clinical study, researchers examined the impact of LiverCare on patients with mild liver dysfunction. Each of the 40 patients took one capsule of LiverCare twice a day for four weeks, and took no other medication. By the end of the study, researchers reported improvement in every patient, with 50% moderately improved, and 35% markedly improved.

Overall, clinical symptoms (from abdominal pain to nausea to jaundice) eased. And all liver function tests showed improvement: proteins increased, enzymes (like ALT and AST) decreased, and bilirubin blood levels dropped substantially.

Even severe symptoms like jaundice and enlarged liver improve with LiverCare

On the heels of that overwhelmingly successful trial came a double blind, placebo controlled trial testing LiverCare in 60 patients with established liver dam-

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The tiny God-send that fights breast cancer, defeats it, and keeps it from coming back

by Michele Cagan

For something so small, it holds enormous cancer-defeating capabilities.

And for women struggling to overcome breast cancer, it's a God-send, one that only nature could have created.

Because this safe, natural miracle contains the power you need to stop breast cancer—even the most aggressive—and keep it from coming back.

Most important, though, it vastly improves your chances of going to your grandson's graduation, your granddaughter's wedding... even spoiling your great grandchildren.

All without the pain, discomfort, toxic side effects, and repeat cancers that come with mainstream treatments.

This is a true life saver.

Powerful compounds defeat even aggressive breast cancer

When HSI first broke the flax lignans story in June 2008, there wasn't much research... but the existing studies were very promising.

Since then, many more studies have been done showing just how powerfully flax lignans work against cancer, especially cancers tied to hormones like breast cancer.

The impact is enormous. Potent flax lignans kill cancer cells, prevent them from spreading, improve survival rates in breast cancer patients, and prevent people—even women at risk—from getting breast cancer at all.

But now that science is catching up, you must beware.

Because only FHL Concentrated Flax Hull Lignans contains all of the powerful lignans you need to fight breast cancer and win.

Don't be fooled by companies making big promises they can't keep

When a natural compound works as well as this one does, fly-by-night

companies pour out of the woodwork to cash in. And their products may seem like the exact same thing... but, really, they're not.

If you have or are at risk for developing breast cancer, you don't want to mess around with copycats, look-alikes or close-enoughs. You want to make sure you're getting the purest, most potent product...

After all, your life could depend on it.

FHL Concentrated Flax Hull Lignans have proven potent lignan content, delivered in a way that your body can easily use. And it's not as easy to free that potency as you might think.

These lignans come from the shells of the flaxseed, the part that's usually thrown away, and not from the seeds themselves. And thanks to an innovative American farmer who invented a patented, certified chemical-free process to separate the lignan-rich hulls from the rest of the flax, you get the full power of 17 distinct lignans, and other critical compounds as well.

And with that natural cancer-fighting power on your side, the cancer doesn't stand a chance.

Preventing breast cancer and improving survival in cancer patients

It's hard to find safe, effective products that can both keep women from getting breast cancer while also protecting women that have already been struck. But flax lignans can do just that.

A new review¹ of ten flax and breast cancer studies confirms what we've been telling you for six years now: The powerful compounds in flax are like kryptonite to breast cancer. The researchers who conducted this review concluded that flax

- Decreases breast cancer risk
- Decreases mortality risk in breast cancer patients

- Stops breast cancer cells from reproducing

Another new study² analyzed food frequency questionnaires from more than 6,000 women, nearly half of whom had breast cancer. The researchers measured only the impact of flaxseed and flax bread on breast cancer risk. They concluded that consuming flax brought on a "significant reduction in breast cancer risk."

And that's exactly what happened when Melissa Loughton started taking Concentrated Flax Hull Lignans.

Concentrated Flax Hull Lignans and prayer keep her cancer-free

Melissa Loughton was diagnosed with infiltrating ductal carcinoma in her right breast in August 2002. In November of that year, she had a lumpectomy, and the surgeon removed a 2.5 cm tumor, with all the margins clear (meaning they got the entire tumor out).

Despite the doctor's recommendations, Melissa declined further treatment. But the next February, she had a recurrence in a different part of the same breast. This time it was a 7 mm tumor, and it was removed by lumpectomy in March 2003.

Again, Melissa refused mainstream treatment options: chemotherapy and radiation. She did, however, get a CT scan that April, and it revealed a possible tumor in the lining of her lung that was too small to biopsy.

After hearing that news, Melissa began eating one capful of Concentrated Flax Hull Lignans daily, in addition to a regimen of supplements.

"In June and October 2003, I had CT scans. Neither of them showed any significant changes in the lining of my lung. And in October 2003, I had a mammogram that showed two significant spots, one on each breast, and underwent biopsies. The left breast was

found to be calcification with no cancer, and the right-side biopsy of a 7mm mass was found to be inflammatory tissue with *no indication of cancer*.”

“I attribute the successful control of the cancer to flax hull lignans, and the supplements I was taking, and much prayer. I believe the flax lignans were an intricate part of my successful recovery.”

My doctor credits these flax hull lignans for my disappearing tumor

Lynda Cranston had been fighting cancer for nearly 20 years when she found out about Concentrated Flax Hull Lignans. And when she asked her doctor about them, he told her they were good to take, and that they're used to prevent cancer.

Then Lynda hit a wall that many cancer patients face.

“I was unable to take my regular chemo for the last three months, but did start taking the Concentrated Flax Hull Lignans. I noticed one of the lumps on my chest was getting smaller and is now gone. My doctor told me it was the Concentrated Flax Hull Lignans causing the changes in the lump. I will continue taking Concentrated Flax Hull Lignans.”

In just a few months, flax hull lignans helped shrink a tumor until it was gone.

And though you'll find a wide variety of lignans in every scoop, a lot of the cancer-fighting credit goes to a compound known as SDG.

In just one month, SDG kills 30.7% of breast cancer cells

In every scoop of FHL Concentrated Flax Hull Lignans, you will get a generous helping of an extremely powerful lignan known as SDG (*secoisolaricresinol diglucoside*). SDG provides the lion's share of cancer-fighting potential, and has been the subject of a lot of research for more than a decade. We'll look at a couple of the most compelling.

One groundbreaking placebo-controlled study³ included postmenopausal women who'd just been diagnosed with breast cancer. For 32 days, the women in the test group ate muffins

containing a specific amount of SDG, and the women in the placebo group had plain muffins.

And in that very short time period, the researchers saw almost unbelievable results in the flax muffin group.

Breast tumor cell growth had decreased by 34.2%. Cancer cell death increased by 30.7%. And a protein called HER2, which causes highly aggressive cancer growth, decreased by 71%.

Now, a new *in vitro* study⁴ sheds more light on just why the SDG was so effective. It turns out that SDG exerts anti-cancer properties on both hormone-positive and hormone-negative breast cancer cells, specifically MCF-7 and BT20 cell lines... a feat many mainstream cancer treatments can't perform.

Now, SDG is certainly the most well-known, widely studied, and talked about flax lignan, but it's not the only one that offers protection against breast cancer. So while other products boast about their SDG content, they probably don't contain all of the other beneficial compounds you get in every single scoop of FHL Concentrated Flax Hull Lignans...

Including one that many scientists have started looking into more deeply...

So powerful, drug companies have taken notice

In fact, enterolactone (and its co-lignan enterodiol) shows so much promise and power against breast cancer that researchers are trying to figure out how to turn them into drugs.⁵ (And we can guess how poorly that will turn out, as they transform this natural miracle into a potentially dangerous pharmaceutical.)

- A brand new meta-analysis⁶ (not even published yet as I'm writing this) found that consuming lignans (which increases enterolactone levels) reduces the death rate in postmenopausal breast cancer patients
- A 2012 study⁷ found that women with high enterolactone levels had significantly and consistently better cancer survival rates

- Another study⁸ found higher enterolactone levels before women were diagnosed with breast cancer was linked with lower mortality rates after diagnosis
- Researchers found that high enterolactone levels significantly improved survival in breast cancer patients with estrogen receptor-negative tumors⁹
- A 2012 meta-analysis¹⁰ revealed that women with the highest enterolactone levels had the lowest risk of developing postmenopausal breast cancer
- A fascinating *in vitro* study¹¹ uncovered the secret behind enterolactone's effectiveness against aggressive breast cancer cell lines: Not only does this super lignan stop breast cancer cells from invading, it also keeps them from sticking together (so tumors can't form) and keeps them from migrating (so the cancer can't spread to other areas)

Now if all you got out of FHL Concentrated Flax Hull Lignans was enterolactone and SDG, you would have more than a fighting chance against even aggressive breast cancer. But those powerful compounds come along with many other healthy lignans, antioxidants, vitamins, minerals, and healthy fatty acids.

Defeat breast cancer with FHL Concentrated Flax Hull Lignans

Whether you're struggling with breast cancer or trying to prevent it, FHL Concentrated Flax Hull Lignans will help you win the battle.

The manufacturer recommends using one scoop per day mixed into food or a drink. (The scoop comes in the jar, so you won't have to worry about measuring.)

Be aware: Different jars may be different colors, ranging from gold to brown. The color has no impact on the lignan content.

You can find ordering information for FHL Concentrated Flax Hull Lignans in your Member Source Directory on page 8. **HSI**

The pain-free, scalpel-free way to get rid of cataracts and keep them from coming back

by Michele Cagan

A sharp blade in your eye. The “only effective treatment” for cataracts.

Except that it's not always an *effective* treatment, despite what mainstream medicine tells you.

And it's definitely not the only... and certainly not the best... way to clear your eyes of cataracts AND keep them from coming back.

Surgery is NOT always an effective solution

It's one of the most common surgeries in the U.S., and in the world. And it's supposed to be one of the safest.

But when something goes wrong with cataract surgery, it goes very, very wrong. The complications could cost you your sight.

Up to half of patients see their eyes cloud over again within two years of cataract surgery, serious enough to require a follow-up laser procedure. More serious consequences include:

- Retinal detachment (as awful as it sounds)
- Glaucoma
- Internal eye infections (such as endophthalmitis)
- High or low eye pressure
- Corneal swelling
- Severe cornea damage, requiring transplant
- Vision loss

The mainstream response to these problems is statistics. Only about 1%

of cataract surgery patients suffer such severe consequences, a very small percentage.

But people aren't percentages. And when you consider that the latest numbers estimate three million of these surgeries are performed annually in the U.S., it means...

Thirty thousand people will be stricken with sight-threatening injuries this year as a direct result of their cataract surgery, in the U.S. alone, a very big number.

No wonder eye surgery sends fear and anxiety into high gear

If the idea of someone carving a cataract out of your eye scares you, you're not alone.

In fact, eye surgery anxiety is so common that researchers have run several studies to figure out why patients are so worried (I bet you can figure it out without running any studies!)

- One study found nine factors that caused pre-surgery anxiety, including fear about the outcome, and five stages of fear surrounding the surgery (from diagnosis to post-operative follow-up)¹
- A study of 170 patients with cataracts found that nearly 30% of them were afraid of the surgery, and more than half of those patients were afraid the surgery would make them blind²
- In one pilot study, researchers learned that “different anxiety trends” were found in patients undergoing their first cataract surgery compared to patients having their second operation³
- A 2006 study that included 278 patients age 65 and older found that first-eye patients suffered more anxiety than second-eye patients, and that patients whose

Do you have a cataract?

If you have any of these symptoms, you may have a cataract.

- Cloudy, blurry vision
- Trouble seeing colors
- Problems with glare, and halos around lights
- Increasingly poor night vision.
- Double vision
- Multiple images in a single eye (which may actually clear up as the cataract gets bigger)

vision did not improve after surgery reported more anxiety and depression than those who saw some improvement.⁴

So despite the fact that this is the most performed surgery in the United States, fear and anxiety still run high, even among patients who've already undergone the operation.

But with these healing eye drops, you can avoid the anxiety, the surgery, and the cataracts.

Believe it when you see it: Drops dissolve cataracts without surgery

More than a decade ago, European doctors developed eye drops that safely and painlessly break up cataracts.

For a little while, they were available in the U.S.

And now they're back.

OcuPhase eye drops contain N-acetyl carnosine (NAC), a powerful nutrient that can reverse the process that leads to cataracts... and even dissolve cataracts simply and painlessly without surgery.

Clumping proteins cloud your vision

It happens to almost all of us as we

Why am I wearing purple socks?

Cataracts blurs your vision, but it also messes with your color perception. Free radicals turn your eye lens yellow-brown, making it hard to see blues and purples... easily mistaking them for brown or black.

get older.

The once crystal clear lens of your eye falls prey to damage, and your previously eagle-eye vision becomes blurry.

That lens is made up mostly of protein and water, letting light pass through to your retina—the part of your eye that sends visual images to your brain. But over time, free radicals damage your lens. And glycation, a process where sugars link improperly with proteins to create glycated proteins, produces 50 times more free radicals than normal proteins.

All of that free radical damage causes the water-soluble proteins in your lens to clump together, and get oversaturated with water, creating pressure inside your eye. And those clumped-together proteins cloud your eye lens, the hallmark sign of cataracts.

Luckily, there's a logical fix. To restore clear vision, those glycated proteins need to be broken down, and your internal eye pressure needs to be reduced.

That's exactly what these eye drops do: Quickly, painlessly, and without anything sharp near your eye.

Nutrient eye drops work from the outside in to break up cataracts

There's only one nutrient that seems to break up cataracts naturally—a protein called L-carnosine. But there's a problem: Putting L-carnosine directly into your eye simply doesn't work. In fact, it may even cause damage.

The NAC in OcuPhase fixes that problem, acting as a time-release version of L-carnosine that does make it into the affected part of your lens—the only way to safely and effectively get the carnosine into your eye. That's because NAC, unlike L-carnosine, is

both lipid- and water-soluble... and your eyes contain both.

That unique property lets NAC break down slowly and transform into L-carnosine gradually, and safely, delivering the cataract-conquering compound. And once L-carnosine gets where your eye needs it most, it keeps healthy eye proteins from becoming glycated, preventing the cataracts from developing... and getting rid of any that are already in place.

90% success rate with NAC eye drops

The first time NAC eye drops were put to the test in a human study, they raised more than eyebrows.

It was back in 2001 when Russian scientists first conducted a two-armed randomized, double blind, placebo-controlled trial⁵ testing an NAC eye drop formula on 49 patients with cataracts (a total of 76 affected eyes).

Twenty-six patients (with 41 affected eyes) were treated with two drops of the NAC formula daily, and the remaining thirteen patients (with 21 affected eyes) got placebo drops. In the first arm, patients were monitored every two months for six months. In the second arm, patients were checked every six months for two years.

And after just six months, the NAC-treated eyes saw substantial improvement.

- 90% had sharper vision, some even 100% better
- 89% saw an improvement in glare sensitivity
- Fewer areas with any cataract present
- 42% improvement in visual image processing (transmissivity)

Plus, while none of the eyes treated with NAC drops got worse during the study, vision decreased in 89% of the placebo group by the two-year mark. And no one reported any significant side effects during the entire two-year study.

Easier driving, even at night

Trouble with night driving—it's one of the most noticeable problems of aging eyes, and may even keep you

Is your statin robbing you blind?

Statin use can lead to cataracts... and blindness. In fact, taking statins increases your risk of developing cataracts by at least 27%⁸ and as much as 57%.⁹ And the longer you take them, the higher the risk.

from venturing out after dusk.

OcuPhase can fix that.

A fascinating study⁶ revealed that NAC eye drops could rejuvenate the visual functions related to driving in older adult drivers, even if they had cataracts in both eyes.

Researchers tested glare sensitivity and visual clarity in 65 subjects with at least one cataract and 72 subjects with none. Some of the subjects in both groups received NAC drops, and the rest got placebo drops (the control group).

At the end of the four-month study period, control group subjects saw their red and green light glare sensitivity increase. The people in the NAC drops group, though, gained substantial improvement in their glare sensitivity, particularly with red and green targets (like traffic lights). Plus, their vision became more clear overall.

And scientists believe the drops can do even more.

Fighting the biggest causes of blindness

Improved vision, easier night driving, protection against and treatment of cataracts.

If that were all OcuPhase eye drops could do, they'd be well worth trying. But scientists believe they can do so much more to protect your sight.

The extreme antioxidant protective effects that NAC eye drops can deliver to the vulnerable areas of your eyes may safeguard your vision from its most damaging enemies:

- Primary open-angle glaucoma
- Age-related macular degeneration
- Diabetic retinopathy

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Drops work for your dog, too!

Our best friends also often develop cataracts as they get older... and these drops have been proven in two studies^{10,11} to reverse age-related cataracts in dogs as well as people.

Protect your liver before it's too late.

(continued from page 3)

age and jaundice.

After just four weeks, the patients in the LiverCare group saw their jaundice clear, appetites improve, and nausea and vomiting decrease substantially. Plus, they also saw a significant improvement in liver function tests—proving the treatment worked.

In the third LiverCare study (also double blind, placebo controlled), researchers recruited 60 patients with liver disorders presenting with a wide variety of symptoms including tiredness, nausea, leg swelling, fever, muscle wasting, jaundice, enlarged liver, and abnormal liver function test results.

The goal was to restore liver function—and it worked.

And after four weeks of taking the supplement, the patients in the LiverCare group saw remarkable improvement in those symptoms and more:

- Time to exhaustion
- Stool frequency and color
- Appetite
- Muscle cramps
- Itching
- Enlarged spleen

Plus, their liver function tests showed substantial improvement as well. Both liver enzymes and proteins

“renormalized” with treatment, fully demonstrating the liver protection and curative impact of LiverCare.

Save your liver from dire damage with LiverCare

Without your help, your liver may not survive. But nourish it with LiverCare, and you can protect this precious organ, even reverse existing damage, safely and effectively.

The manufacturer recommends taking one capsule, twice daily, before meals.

You can find ordering information for LiverCare in your Member Source Directory below. **HSI**

The pain-free, scalpel-free way to get rid of cataracts.

(continued from page 7)

Researchers based their belief in these potential benefits on a huge cohort study⁷ of 50,500 older patients seeking medical care for potentially sight-stealing eye problems. Their conclusion: NAC eye drops have “the potential to alleviate visual impairment for an aging population.”

Try OcuPhase and see the difference for yourself

Whether you're hoping to avoid eye surgery or you want to keep cataracts from forming in the first place, OcuPhase can help. And as an added bonus, your vision will become sharper,

night driving easier, and glare reduced.

The manufacturer recommends placing one or two drops of OcuPhase in each eye every day.

You can find ordering information for OcuPhase in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

LiverCare, Himalaya Pure Herbs, PH: (855)665-8449; www.himalayausa.com. LiverCare costs US\$20.95 for a bottle of 90 VCaps, and US\$34.95 for a bottle of 180 VCaps. HSI members only can buy two bottles and get one free (limit two free bottles per customer) plus free shipping through March 30, 2014. Simply use code LIVERHSI when ordering. Product only available in the U.S.

FHL Concentrated Flax Hull Lignans, PH: (817)710-6918; www.flaxlignanhealth.com. One tub of FHL Concentrated Flax Hull Lignans (a one-month supply) costs US\$36.00. HSI Members will receive an exclusive \$5.00 discount off any purchase of FHL Concentrated Flax Hull Lignans. Simply use code FlaxLignan2014 when ordering.

OcuPhase®, Tango Advanced Nutrition, Ph: (866)778-2646; www.puretango.com. OcuPhase costs US\$39.95 per box of two 5 ml vials (approximately a one month supply). HSI members will receive exclusive savings of 10% on 1 or 2 boxes, 15% on 3 to 5 boxes, and 20%, plus free shipping, on orders of 6 boxes or more. Simply use savings code OCU2 when ordering.

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